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EMS funding flawed: Chief

Glitches in funding process. Provincial health ministry says it's working on a solution to Middlesex-London shortfall

ANGELA MULLINS
angela.mullins@metronews.ca

A flawed provincial budgeting process is partly to blame for a mid-year money shortfall at Middlesex-London EMS, the service's chief said Wednesday.

It's nearly impossible for local officials to draft an accurate budget when they don't get timely funding information from the Ministry of Health, Neal Roberts said.

Deb Matthews
METRO FILE

"This sort of take-a-guess-and-hope-you're-correct financial accounting doesn't work," Roberts said. "It's an unfair process, and it needs to be looked at."

Provincial rules require that local governments cover half the cost of ambulance operations. The rest is covered by the province.

The problem, Roberts said, is officials don't always know how much money the province will contribute until late in the municipal budgeting timeline. This year, funding details from the province didn't arrive until this month, about five months after budgets were approved.

That's when Roberts and others learned they would receive about $12.2 million — $242,600 less than what the ambulance service had pencilled in.

"If the province wants a true 50-50 (split), then tell us what their portion is or at least provide us with some guidance," Roberts said.

Provincial officials weren't available for an interview Wednesday, but in a statement the health ministry said every municipality receives "funding letters" at the same time, noting Middlesex-London's letter was sent on July 11.

"Our officials have been in contact with the municipality to assure them that together, we are working towards a solution," the statement said.

Local officials are expected to meet with Health Minister and London North Centre MPP Deb Matthews next week to talk about the cut.

The ministry said the issue appears to be a mix-up in which the province calculated its payout based on incorrect budget information submitted by county council.

Follow Angela Mullins on Twitter @MetroAngela

The split

EMS funding for Middlesex-London:

- 50 per cent from the province
- 43 per cent from the City of London
- 7 per cent from Middlesex County

Cabrera makes Tigers history with THE BIG 3-0

Miguel Cabrera of the Detroit Tigers rounds the bases after hitting a solo home run against the Minnesota Twins during the first inning on Wednesday at Target Field in Minneapolis. Cabrera became the first player in Tigers history to reach 30 home runs in five straight seasons and Max Scherzer threw seven scoreless innings for Detroit in a 5-1 victory. More sports coverage, pages 16 and 17. HANNAH FOSLIEN/GETTY IMAGES

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Boler Road

Police seeking information on dog bite

Police are asking the public's help in identifying a dog that bit a pedestrian in the area of Boler Road and Commissioners Road West.

On Tuesday at 4:30 p.m., police responded to a report of a dog biting a woman. The victim was walking south on Boler Road, from Commissioners Road West, on the east sidewalk when she approached a woman headed north on the same sidewalk.

This woman was travelling in a motorized wheelchair and had three small dogs with her on leashes: A white miniature poodle, a black shih tzu and a white-and-brown shih tzu puppy.

The victim was treated for a minor injury, but police would like to identify the dog's owner to determine a vaccination record.

The woman is described as a white with a heavier build and short grey hair, approximately 65 years old.

If anyone has information that may help this investigation, visit londoncrimestoppers.com. METRO

Recreation guide

City's Spectrum goes online

The Spectrum recreation activity guide will no longer be delivered to area homes. The fall/winter edition is now available online. Customers are encouraged to use the online catalogue and registration system at london.ca/playyourway.

Registration for aquatic programs will begin on Monday at 8:30 a.m. Registration for all other programs will open Tuesday at 8:30 a.m.

METRO

Diving into volleyball now that the sand is dry

Vivien Wong, 22, of Toronto makes a diving attempt during a volleyball match with friends in Ann Street Park on Wednesday, London's first rain-free day in a week. Environment Canada records show 56.7 millimetres of rain have fallen in the city since Aug. 9. That's more than the 41.9 millimetres recorded for the whole month of July.

ANGELA MULLINS/METRO

Yurek receives support for jail probe but demands immediate action

July riot. Attention to overcrowding could have prevented violence, MPP says

JOHN MATISZ
john.matisz@metronews.ca

Less than 24 hours after politicians and a union head began officially looking into how to rectify a nasty situation at a London jail, MPP Jeff Yurek says the damage may have already been done.

"They should have been on this last year when I made mention of it in November," Yurek (Elgin-Middlesex-London) told Metro.

Yurek says a July 27 riot within the Elgin-Middlesex Detention Centre would have never occurred had there been government intervention beforehand.

On Tuesday evening, Community Safety and Correctional Services Minister Madeleine Meilleur met privately with both Yurek and MPP Bob Bailey (Sarnia-Lambton) to discuss solutions to the jail's destructive state.

Earlier that day, Ontario Public Service Employees Union president Warren Thomas toured the facility. Thomas's eyes were opened to EMDC's elbow-to-elbow spacing situation, which has now triggered a rally, riot and several lawsuits over the past couple of months.

"(Things could) blow up in a heartbeat," he said to The Canadian Press about the overcrowding troubles.

When Premier Dalton McGuinty was in London last Thursday on a different matter, he told reporters that the Exeter Road detention centre was a "very important file on the minister's desk."

Yurek's response?

"I'm glad he said it's on the minister's desk, but the premier has to keep on top of the minister so that she's following through," he said.

Although "encouraged" by Tuesday's meeting with Bailey and Meilleur, Yurek says he wants the presented plan — which is not being made public at this time — to be enforced as soon as possible.

EMDC is housing more than 400 inmates in a building designed for 150, which has sparked in-house violence among inmates and between inmates and guards.

"We need to get on this right away," Yurek said. "It's a situation that has been left alone for too long."

Follow John Matisz on Twitter @Metro_JMatisz

Lethal combination

Officials attribute the problems at Elgin-Middlesex Detention Centre to:

- Overcrowded jail cells
- Understaffing
- Funding cuts to sector

Public-service managers. Bonuses under review

Ontario's cash-strapped government will review a system that awarded bonuses to almost all eligible senior public servants as it tries to eliminate a $15-billion deficit, Premier Dalton McGuinty said Wednesday.

He made the comments after The Canadian Press reported that nearly 98 per cent of eligible managers (about 8,700 of 8,900) in the Ontario Public Service got bonuses in 2011.

McGuinty said he's concerned that "a lot of people" are getting bonuses.

"If everybody gets pay for performance, it's not pay for performance, it's pay," he said Wednesday after touring a Toronto school.

"I think we need to revisit the whole concept of pay for performance, given our fiscal reality."

McGuinty said he has asked all public-sector workers to "hit the pause button" on their compensation to help the government eliminate the deficit in 2017-18, including teachers and doctors. THE CANADIAN PRESS

Cost in 2011

$35.6M

The amount senior public-servant bonuses cost the provincial treasury in 2011.

Ironsirens.ca

Motorcycle ride for charity

The Iron Sirens Riding Club for Chicks is expecting to see at least 100 motorcycle riders out for its first annual charity run on Saturday in support of Women's Community House. METRO

Athletics

Fanshawe's Mike Lindsay retiring

After 41 years with the Fanshawe College Athletic Department, Mike Lindsay has announced his retirement as manager of athletics effective Aug. 31. METRO

Sunday stabbing. Arrest warrant issued

Dean Dickieson
CONTRIBUTED

A 19-year-old London man is wanted on an attempted-murder charge in connection with a Sunday stabbing at 341 Hilton Ave.

Police have issued an arrest warrant for Dean Dickieson and added him to their most-wanted list. A second Londoner — Peter Caron, 18 — has been charged with aggravated assault in the attack that sent a 43-year-old woman to hospital.

The charges were announced Wednesday, the day after Kyle Whyet, 53, of London was charged with attempted murder in a stabbing at 370 Wharncliffe Rd. S.

Police allege Whyet stabbed a 65-year-old victim in the neck at about 3:40 p.m. Whyet was arrested at the scene. The victim was treated at London Health Sciences Centre and has been released, police said.

The charges are the latest in a series of stabbing investigations — at least five in a little more than a month.

But overall, police have investigated fewer stabbings in 2012 than they did through August 2011, Const. Dennis Rivest said.

ANGELA MULLINS/METRO

On the web

Researchers have identified strange-looking mutated butterflies found near Japan's Fukushima nuclear plant. Scan the code to see why the science community is so worried.

Bladder trouble

Prince Philip, 91, back in hospital

Queen Elizabeth's husband, Prince Philip, was admitted to hospital in Aberdeen, Scotland, on Wednesday with a recurrence of the bladder infection he suffered earlier this summer. THE ASSOCIATED PRESS

Robbery at icon's home

Steve Jobs' wallet had a dollar inside

The burglar who broke into Steve Jobs' house made off with the Apple Inc. co-founder's wallet with a dollar inside and his driver's licence, in addition to Apple gadgets and jewellery, says a police report.

The suspect, Kariem McFarlin, 35, allegedly targeted the unoccupied Palo Alto, Calif., home because it was under renovation.

Jobs died last October.

Also taken were iPhones, iPads, iPods, Mac computers, Cristal Champagne and $60,000 US worth of Tiffany & Co. jewelry.

McFarlin faces almost eight years in prison if convicted. THE ASSOCIATED PRESS

'Oh my god!'

Gunfire, panic in temple rampage

Gunfire can be heard in recordings of emergency calls from the scene of the shooting that killed six worshippers at a Sikh temple in the U.S.

Milwaukee County authorities on Wednesday released tapes from the Aug. 5 attack at the Sikh Temple of Wisconsin.

As one caller says "There's a shooting," gunfire can be heard.

Another woman calls to report seeing someone shot. At one point, with phones ringing, a dispatcher says, "Oh my god!"

White supremacist Wade Michael Page opened fire before shooting himself. THE ASSOCIATED PRESS

Two dozen cities

Global rallies for Pussy Riot band

Rallies urging freedom for the Pussy Riot band will be held Friday before a Russian court rules on its fate. Three women have been in jail for five months because of an anti-Putin prank in Moscow. THE ASSOCIATED PRESS

Syrian jets unleash double dose of sorrow for a town

Carnage in Azaz. Two savage bombing raids reportedly kill at least 20, including a baby

Syrian fighter jets swooped in low over the rebel-held town of Azaz Wednesday in two bombing runs that sent panicked civilians fleeing for cover and reduced homes to rubble.

The Britain-based Syrian Observatory for Human Rights said 23 people died in the double air strike and more than 200 were wounded.

Mohammed Nour, a local activist reached by phone, put the death toll at 25. Neither figure could be independently confirmed.

Reporters saw a baby among the dead, and dozens wounded, most of them women and children.

One man was pulled bloodied but alive from the wreckage of destroyed homes.

"God is great! God is great!" yelled his rescuers.

Nearby, a woman sat on the pile of bricks that once was her home, cradling a dead baby. Two other bodies lay next to her.

"I saw the plane come down and some missiles fall and then there was smoke all over," said Mohammed Fuad, 18, who lives near the site of the attacks.

"When it cleared, we heard screaming and saw rubble all over the streets."

Most of the wounded were taken in cars to the nearby Turkish border.

The attack came on the same day the United Nations released a report accusing Syrian President Bashar Assad's forces of war crimes in the killings of more than 100 civilians — nearly half of them children — in the village of Houla in May. THE ASSOCIATED PRESS

Attack scene

Azaz, about 48 kilometres north of Aleppo, considers itself "liberated" since rebel forces pushed out the army in a series of gritty street battles last month. Its largest rebel group, the Northern Storm Brigade, runs a prison and the nearby border crossing with Turkey.

Injured but alive: Syrians leave a field hospital in Azaz after an air strike Wednesday. KHALIL HAMRA/THE ASSOCIATED PRESS

Wants new ideas

Baird thinks again over $2 million

Foreign Affairs Minister John Baird has changed his mind about giving $2 million to a Syrian-Canadian group so it could buy medical supplies.

The Canadian Press has learned Baird has told officials to find another way to get the supplies to Syria.

The government announced on the weekend that Canadian Relief for Syria would be given the money to provide medical care to people caught up in the ongoing conflict.

The group said the money would be used to purchase supplies for its network of doctors and nurses on the ground.

But a government source says Baird is concerned that some of the funds will be used for warehouses and other infrastructure. THE CANADIAN PRESS

Contrite Japan begs forgiveness for war crimes

Family members and relatives of war dead lay flowers during a Tokyo memorial service on Wednesday. SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Japan marked the 67th anniversary of its Second World War surrender with a sombre ceremony in the capital Wednesday.

Prime Minister Yoshihiko Noda mourned the war dead and apologized to victims of Japanese wartime atrocities.

"We have caused tremendous damage and pain to many countries, particularly the Asian people, during the war," Noda said.

"We deeply regret that and sincerely mourn for those who were sacrificed and their relatives. We will not repeat the same mistake."

Emperor Akihito, whose father made the unprecedented 1945 national radio address announcing the war could not be won, also offered prayers for the dead.

Meanwhile, simmering tensions between Japan and its neighbours have threatened to boil over in recent weeks.

Tokyo was angered by a recent visit by South Korean President Lee Myung-bak to contested islands in the Sea of Japan — they're called Takeshima in Japanese and Dokdo in Korean.

The visit was seen by many as an attempt by Lee to play up anti-Japan sentiment ahead of elections later this year.

A group of South Korean protesters swam across the sea to the islands Wednesday, while a shipload of activists from Hong Kong was heading to another set of disputed islands in the East China Sea claimed by China and Taiwan.

The Hong Kong boat briefly entered territorial waters. THE ASSOCIATED PRESS

Sex slaves

South Korean President Lee Myung-bak condemned Japan for forcing thousands of Korean women into sexual slavery for Japanese soldiers during the war.

- **Shame.** Historians say up to 200,000 "comfort women" — many of them also from China and the Philippines — were forced to provide sex at military brothels.

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Women virtually untapped in beer market: BMO report

Brewing competition. They're looking for low-cal, light beer: Expert

It's been mostly a man's world when it comes to beer.

Women are a big, untapped market for North American beer brewers as they face more competition from wine and spirits and specialty craft brewers, says a Bank of Montreal report.

"At this juncture, 80 per cent of beer sales are sold to guys," said David Rinneard, national manager of agriculture at BMO.

What women want is low-calorie, lighter-flavoured beer and beer-based beverages, he said Wednesday from Toronto.

Brewers will appeal to female sensibilities with these niche products along with commercials and marketing targeted at women, he said.

On the wagon

Per-capita consumption of beer remains flat in Canada and has fallen in the United States, the bank's study said.

- One of the challenges ahead for the North American brewing industry is the scorching temperatures this summer that could push up prices.
- Prices for barley, wheat and, to a lesser extent, hops have been going up.

"They're making a diligent effort and attempt to go after that new market."

Calories also are "unquestionably" a factor in getting women to drink more beer, Rinneard said, adding men can also be calorie conscious.

Traditionally, women weren't pursued by brewers because they didn't need the market with the "prosperous" and defined market of male beer drinkers, Rinneard said.

Beer for women is starting to make some inroads. "Chick Beer" is an American craft-brewed beer specifically aimed at women and boasts just 97 calories, 3.5 carbs per bottle and 4.2 per cent alcohol.

For the calorie conscious, there's Molson Ultra with 2.5 grams of carbohydrates, 97 calories and 4.5 per cent alcohol.

As wine and spirits affect beer consumption and the population ages, brewers have to look for other growth opportunities, Rinneard said.

"In essence, they're competing for a defined or limited amount of stomach space, if you can call it that."

THE CANADIAN PRESS

Samsung shooting for Apple

Baz Luhrmann, a movie writer, director and producer, discusses on Wednesday at a news conference how he has recently been using a Samsung Galaxy Note 10.1. Samsung Electronics Co.'s release is the latest shot at the dominance of Apple's iPad with a tablet equipped with a digital pen and a faster processor at the same price tag. The Wi-Fi-only version of the Galaxy Note 10.1 will go on sale in the U.S. on Thursday. The price starts at $499 US for the basic model with 16 gigabytes of storage and $549 for the 32-gigabyte model, expandable with an external memory card. Apple's latest iPad starts at the same price but the Note 10.1 offers some features that the iPad doesn't have, while its screen resolution is lower than the iPad's.

MARK LENNIHAN/THE ASSOCIATED PRESS

Patent infringement

Lululemon takes Calvin Klein to court

Trendy yoga-gear maker Lululemon Athletica Inc.'s signature body-hugging pants have become so integral to the popularity of the brand that it is suing Calvin Klein Inc. for patent infringement over a very similar design. Lululemon Athletica has filed a lawsuit in the U.S. accusing PVH Corp.'s Calvin Klein and G-III Apparel Group Ltd. of infringing on three different patents covering a specific overlapping style of waistband. THE CANADIAN PRESS

Child safety

Bumbo Baby Seats recalled in Canada

More than 4.6 million Bumbo Baby Seats are being recalled in North America, including about 342,000 in Canada, after reports of infant skull fractures. Health Canada says babies can arch their backs and flip or manoeuvre out of the Bumbo floor seat.
THE CANADIAN PRESS

Market Minute

DOLLAR 101.11¢ US (+0.29)

TSX 11,905.44 (+51.83)

OIL $94.33 US (+90¢)

GOLD $1,606.60 US (+$4.20)

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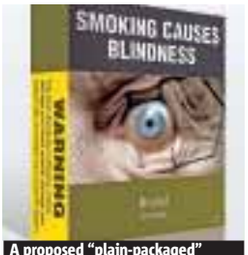
Dow Jones: 13,164.78 (-7.36)



A proposed "plain-packaged" cigarette packet. THE AUSTRALIAN GOVERNMENT/GETTY IMAGES

Aussie court upholds cigarette-logo ban

Australia has urged other countries to adopt the world's toughest law on cigarette promotion, which was upheld Wednesday by the country's highest court and prohibits tobacco companies from displaying their logos on cigarette packs.

The High Court rejected a challenge by tobacco companies who argued the value of their trademarks will be destroyed if they are no longer able to display their distinctive colours, brand designs and logos on cigarette packs.

Starting in December, packs will instead come in a uniformly drab shade of olive and feature graphic health warnings and images of cancer-riddled mouths, blinded eyeballs and sickly children. The government hopes the new packs will make smoking as unglamorous as possible.

"Governments can take on big tobacco and win and it's worth countries looking again at what the next appropriate step is for them," Attorney General Nicola Roxon told reporters after the court ruling.

British American Tobacco, Philip Morris International, Imperial Tobacco and Japan Tobacco International are worried that the law will set a global precedent that could slash billions of dollars from the values of their brands.

THE ASSOCIATED PRESS

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STUDY SAYS WE'RE SILLY GOOSES

HE SAYS...
John Mazerolle
metronews.ca/voices/he-says

A couple of enlightening new surveys released this month show that many Canadians are oblivious, dog-like fools. None of the articles written about the studies started that way, mind you, but I think the news was buried.

What the stories did say was that many Canadians — myself included — manage their money with all the success of Research in Motion. Roughly half of us have no emergency savings, and a good chunk of young people plan to retire early but haven't actually started saving, you know, money.

Some of the reasons youth gave for not saving are a little baffling, as if I just made them up or something:

- 40 per cent: Plan to cash out their World of Warcraft gold, ignoring the fact that Mario coins have barely appreciated in value.
- 33 per cent: Have "liked" Retirement Savings on Facebook multiple times and don't know what more they could possibly do.
- Five per cent: Have access to the Fox News channel, assumed socialist welfare state would cover costs.

Freedom fuddled

"Frankly, a survey saying we're bad with our money isn't that shocking. What's shocking is a group of people so out of touch that they believe they're going to retire early despite having no money."

Frankly, a survey saying we're bad with our money isn't that shocking. What's shocking is a group of people so out of touch that they believe they're going to retire early despite having no money.

It'd be one thing for a survey to show, say, that Canadians are overweight and unhealthy. But if the same survey showed that obese, chain-smoking Canadians had plans to compete at Rio, we might start questioning our mental-health system, too.

Not that I can be too critical.

I personally always keep several thousand dollars in my mattress for when the McRib comes back. But other than that, I am a typical, cash-confused Canadian.

My emergency savings consist of a jar in my apartment where I throw pennies, so that once it's full enough I can complain about how useless pennies are. A penny saved is a waste of time, I always say.

As for retirement, I plan to die retroactively at 27.

In other words, I feel Canada's financial pain. Or more specifically, I don't feel it, which is the problem.

This is where we're like dogs. If you have a dog and he eats your food while you're out, you know it's pointless to discipline him because the crime and the punishment are too far apart, and he'll wonder why you're suddenly upset that he's licking himself for the 27th time that day.

As with global warming, we don't see the negative consequences right away so we can't do the right thing.

It would be helpful if ATMs jolted you with 10,000 volts at every withdrawal, or if our credit cards were designed to give us nasty paper cuts.

Maybe if the bank teller scratched us behind the ear and told us we were good every time we made a deposit, we'd do it more often.

If any banks start doing this, please let me know. I'll be in your debt. And if my track record holds, most likely forever.

Want to plan for retirement with no money? Ha! ISTOCK

Philippines turns into Venice

GETTY IMAGES

Stormy weather

Natural disasters return to islands

Tropical storm Kai-Tak is battering the Philippines, with the islands still recovering from the last deadly storm just a week ago. Many roads are knee-deep in water and at least four deaths have already been confirmed. Forecasters are hoping that Kai-Tak will be out of the Philippines by the end of the week. **METRO**

Trash at epidemic levels

"On a daily basis, at least 1,900 tonnes of garbage are collected during normal weather. During storm-related calamities, the volume increases five-fold."
Manila Mayor Alfredo Lim

Worst Philippine storms

- **Nesat.** Struck in 2011, and spread as far as China. Caused over $1 billion US in damage and 747 deaths.
- **Parma.** Killed 465 people and caused over $600 million US in damage in 2009.
- **Fengshen.** Not as strong but impact worsened by poor forecasting; it killed over 1,300 people when it struck in 2008.

Coping methods

Finding ways to survive floods

The Philippines is hit by an average of 20 storms per year, and the locals have found ways to adapt. During storms hundreds of thousands of people move into evacuation centres including schools, gymnasiums and government buildings. In the coastal areas, many homes have to be repeatedly rebuilt. **METRO**

Metropolitan Panel

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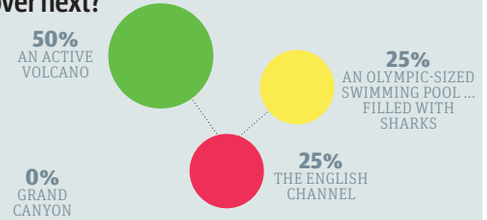
What should Nik Wallenda tightrope walk over next?



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@SouthWestLHIN: Like us on Facebook to have a chance to share your thoughts on our Integrated Health Service Plan. Details soon #SWLHIN

@RachFee: If your "overview" is 5,000 words out of a 10,000 word document, you're doing it wrong.

@NikkehSass: Love when I go to Tim's specifically for a coffee and then leave it in the car. #doh

@BrandonEedy: Still weird to me that the duty free store at the border has a radio commercial.. And pretty sure the London theme song guy wrote/sings it

@onterrioh: #StoryBehindMyScar Bit by a dog when I was 13, had 40 stiches inside/outside of my mouth!

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SCENE 2

TV Freaks brings its punk-rock spirit to London on Friday at APK Live. COURTESY CRISTINA NACCARATO

Freaks, Hunters and Nil

Punk/Rock. Three bands, five bucks and a handmade ticket — can't go wrong with this show

BACKSTAGE PASS
Amanda Grant
london@metronews.ca

"I think that if all the bands on a bill care about each other, are excited to play with one another, and are invested in the night, it will make a good show," Tania Dupon-Martinez said.

Dupon-Martinez took this formula to heart when she sat down to book Friday night's show at APK Live.

Drawing from a talented group of friends, she packed the lineup with TV Freaks and Hunters & Anglers of Welland, Ont., and The Dirty Nil of Dundas, Ont.

"It's exciting because each of the bands is connected to the other," Dupon-Martinez said. "I want people to come and feel that energy on stage and have a really good time."

For some band members the show also acts as a reunion.

Justis Krar, a graduate from the Music Industry Arts program at Fanshawe College, recently returned from a seven-week tour through the United States with the London punk band Single Mothers. His Hunters & Anglers' bandmate, Ross Miller, has also been on the road, playing with Daniel Romano and Marine Dreams across Ontario and the East Coast.

Krar is also a former member of TV Freaks, and says The Dirty Nil was one of the first bands Hunters & Anglers played with four years ago.

"It's hard to get everyone together these days. We're all touring or living in different cities," Krar says.

"The fact that the cards were played right and everything lined up for this show makes it all the more special."

This will be the first concert Krar has played with Hunters & Anglers in seven months.

"It always feels really powerful when we play together," Krar says.

"It's not just a show for us. We take it super seriously because we're all such good friends. We respect each other as musicians and we want to do well for each other."

Friday's performance, featuring three rock bands, each with distinct personalities, is worth getting an advanced ticket for. The last two shows TV Freaks played in London were sold out and the Dirty Nil and Hunters & Anglers are known to draw a crowd.

But if that doesn't convince you, perhaps the tickets will. Each has been handmade on a local letterpress by All Sorts Press.

"The tickets are a little piece of artwork in themselves," Dupon-Martinez says.

Advanced tickets are $5 at Grooves, Hot Dog Musique and Cinema, and APK Live. Tickets are $7 at the door. The show starts at 9 p.m.

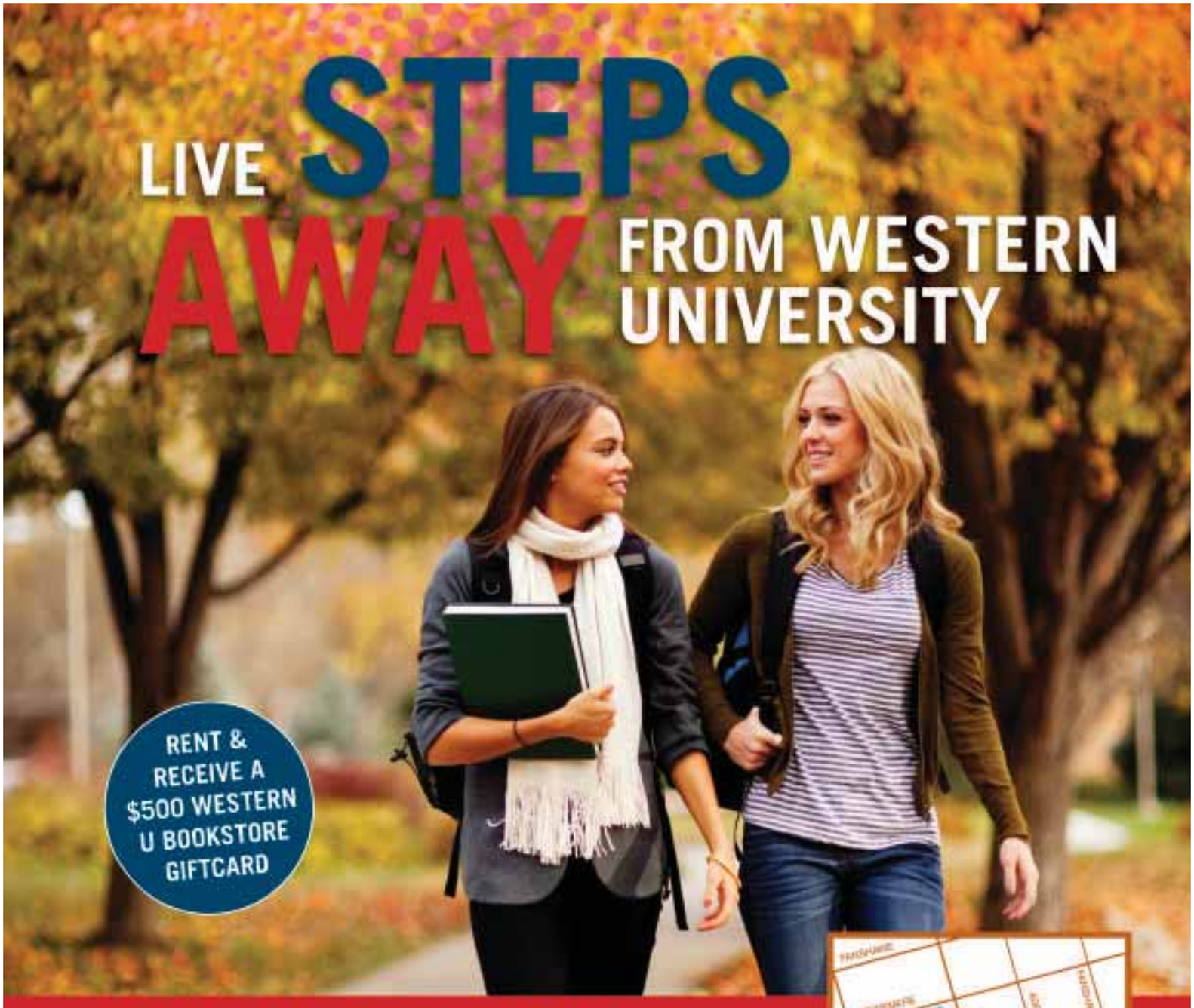
Around town

- **Art.** This is your last chance to see Stevan Kilsht's exhibit at the ARTS Project. Kilsht features contemporary paintings in the exhibit Hearts and Other Abstractions which runs until Saturday.
- **Music.** If your weekend stretches into the week stop by Call the Office on Tuesday to see Harlan Pepper. This young rock band has musical chops beyond their years, with tight vocals and wailing guitar solos. Doors open at 9 p.m., tickets are $7.

On the web

Evelyn Lozada's rep says star has filed for divorce from Chad Johnson after arrest

LIVE STEPS AWAY FROM WESTERN UNIVERSITY



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No sequel for Stewart

While Rupert Sanders might still get to direct a follow-up to Snow White and the Huntsman, star Kristen Stewart reportedly won't be taking part, according to the Hollywood Reporter.

While a planned second film was set to follow Stewart's Snow White, studio Universal is now re-conceiving the sequel as a spin-off focusing on Chris Hemsworth's Huntsman.

"The studio is currently exploring options to continue the franchise," a Universal spokeswoman says. Sanders and Stewart made headlines when they acknowledged they'd been having an affair last month, though it's unclear if that situation had anything to do with the studio's decision.

Jean-Claude Van Damme

Van Damme cheated on wife with Kylie Minogue

Nearly 20 years later, Jean-Claude Van Damme confirms that yes, he did in fact cheat on his then-wife, Darcy LaPier, with singer Kylie Minogue while filming Street Fighter, according to the Guardian.

"Yes, yes, yes. It happened," Van Damme tells the newspaper. "It would be abnormal not to have had an affair, she's so beautiful and she was there in front of me every day with a beautiful smile, simpatico, so charming. She wasn't acting like a big star."

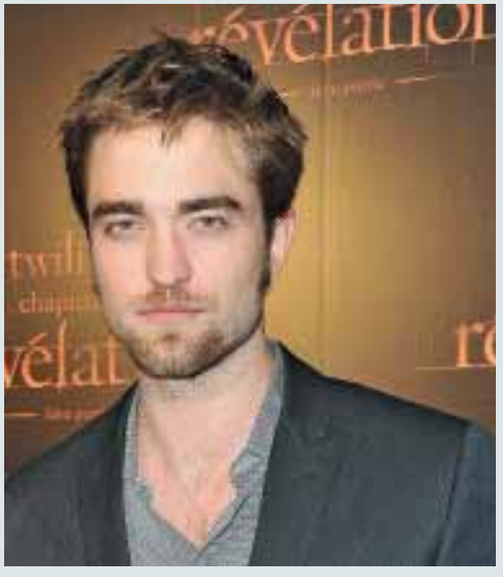
As for a more detailed recollection?

"You should ask her," he says. "She'll have a better memory. I'm 51 years old. Do you know how much I was punched in the face on The Expendables?"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Pattinson dodging break-up questions

MONICA WEYMOUTH
scene@metronews.ca

With his latest film, Cosmopolis, set to hit theatres Friday, Robert Pattinson — who has never been one to talk about his personal life — has been at the mercy of the media.

He eased into things Monday with The Daily Show, where Jon Stewart playfully offered him a pint of break-up Ben & Jerry's before obediently asking him about the film that no one cared about.

But Good Morning America host George Stephanopoulos wasn't about to let dignity get in his way yesterday morning.

After Pattinson didn't voluntarily offer any details about how he's coping after the Kristen Stewart cheating scandal, Stephanopoulos pressed, "What do you want your fans to know about what's going on in your personal life?"

Pattinson finally offered some insight: "I'd like my fans to know that Cinnamon Toast Crunch is just 130 calories."

We're pretty sure this is as close as we're ever going to get to eating breakfast with Robert Pattinson. And we'll take it — even if that is one skimpy little bowl of Cinnamon Toast Crunch.

Jennifer Aniston. ALL PHOTOS GETTY IMAGES

Aniston's rocking a major rock

Jennifer Aniston has been hiding her engagement ring, but that won't stop us from talking about it. According to Life & Style, fiancé Justin Theroux is significantly poorer this week.

"It's a huge emerald-cut diamond," a "friend" of the couple tells the magazine of the eight-carat rock.

"It's a rectangle with tapered diamond baguettes on the sides."

We already feel creepy talking about this, so sure, let's go for broke: Angelina Jolie is wearing a similarly-cut engagement ring from Aniston's ex, Brad Pitt.

Miley seems proud of new hairdo

Miley Cyrus has caught some flack for the drastic bleach-blond haircut she debuted on Twitter this week, but she's not taking it seriously.

In fact, she's taken to tweeting inspiring affirmations.

"Self love is the greatest of all flatterers," she posted Monday, while the next day she followed up with "Energy flows where our intention goes. Create your day," accompanied by a picture of the pixie-haired singer lounging in bed.

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Already missing the Olympics? With a pair of these '70s-sportswear-inspired styles, you'll be going feet first into a sporting summer.

RICHARD PECKETT
richard.peckets@metro.lu

5 Sneakers to slip into the '70s

Adidas Originals SL72 sneakers

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On the Web

Cosmo's Helen Gurley Brown leaves a legacy of frank sexual talk and message of fulfilment

Small space design tricks

Design centre. Making a tiny condo look bigger

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I live in a small, open-space condo. The living, dining room and kitchen feels like one room. How do I define each space? Can I do it with a few different paint colours?

If you want to make a small, open space feel larger, paint it all one neutral colour.

Keep in mind that you are painting one large room so the colour has to be rich enough to hold the entire space together. Use furniture arranging, art, mirrors and rugs to help define individual areas.

Go neutral with the long-term items like paint colour, soft furnishings and a dining table while add trend-setting colours in pillows, area rug and artwork.

Tall leaning mirror

In long, narrow spaces a tall sturdy mirror will help visually widen the area and reflect natural light deep into a dark area. Place a large mirror behind the dining table to help open up a tight area. There's no better value than Ikea's Mongstad mirror; at over three feet by six feet in size, the hefty frame can be painted a trendy colour or left its neutral brown/black. Mongstad Mirror, $99, Ikea.ca

Round table, $1485, casalife.com

A 42-54" round pedestal table is the perfect choice for in an open concept dining area. The round shape is easy to walk around (no corners to bump into) and the pedestal base offers more flexibility when seating guests. Casa Life's TAHA table fits the bill; its glass top and shiny stainless base reflects light and offers up a modern yet airy appearance.

Warm grey paint colour

Choose a trend-setting warm grey paint colour as a neutral backdrop to your furnishings and artwork. Don't be afraid to choose a darker tone. Benjamin Moore's Museum Piece CSP-40 is an excellent colour that will look good with almost anything.

Cedric Arm Chair, $549, UrbanBarn.com

Forego the traditional sofa and chairs for the living room and consider 4 matching club chairs for the space; creating a casual lounge feel will offer up more flexibility when you want to rearrange the room. The Cedric chair is a great choice as it is comfy and has trendy mid-century modern details like exposed wood and button detailing.

Zak Ryg, $1,250, crateandbarrel.com

A rug that acts as artwork will not only add colour and personality to a space but help ground and define the living area. The most popular sized rug is an 8x10 which always seems to fit into any room setting. The Zak rug from Crate and Barrel adds many trend colours to pull from.

Getting the bedding

What kind of sheets should I buy for my master bed, how many do I need and how often do I need to change them? Diane B.

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Diane B,

First, when you go shopping I don't want you to worry or stress about thread count.

Feel the sheets and remember the fabric has "sizing" (a combination of light glue and starch on them, making them stiff and look good in the retail store), so you really need to buy one sheet, wash it and sleep with it. I like sheets with "percale" in the summer. This is a closely woven smooth finish cotton. In the winter I love flannel sheets, and the best part of flannel for me is that they are warm on cold nights and don't need to be ironed!

I personally don't recommend anything with polyester simply because they don't breath, so you are more likely to sweat in them and be uncomfortable.

Once you find a brand of sheets you like, you should have a minimum of two sets, and if budget allows, a third set. This way you have one set that is dirty, one on the bed and an emergency back up for spills, dogs, kids, life, etc.

And finally in a perfect world bed sheets should be changed weekly. Remember the human body sweats a litre of liquid per night and the exfoliation of dead skin about every 21 days all accumulate in your bed, and bacteria/mites love to feed on this. Even if you don't have time to iron your sheets, change them often. You will sleep better and feel better in clean fresh cotton sheets.

And the colour? I personally only buy white sheets but colour, pattern and style is truly a personal choice.

Pick your style and buy everything within that same style so it gives you lots of mix-and-match options. Sleep tight!

In a perfect world, you should change your bed sheets every week. ISTOCK IMAGES

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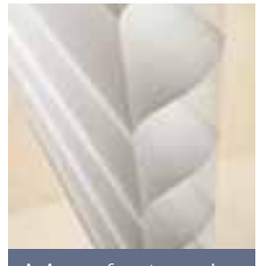

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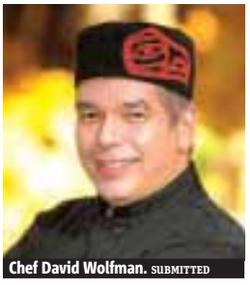
Tired of beef burgers? Bison Sliders give grilled eats a tasty Native touch

An enthusiastic educator and entertainer, Chef David Wolfman, is an internationally-recognized and award-winning expert in wild game and traditional Aboriginal cuisine.

He is also the executive producer and host of Aboriginal Peoples Television Network's popular Cooking With the Wolfman program, on which he displays his signature Aboriginal Fusion.

Wolfman shares his delicious recipe for Bison Sliders, which you can serve up on a traditional hamburger bun with all your favourite condiments.



Chef David Wolfman. SUBMITTED

Ingredients

- 500 g ground Bison meat
- 5 ml each of rosemary, thyme and chives, chopped finely
- 125 g wild rice, cooked
- 2 med eggs
- 5 ml Dijon mustard
- 15 ml chili paste
- salt and pepper to taste
- 50 g bread crumbs
- 20 ml olive oil

1. In a bowl mix the ground Bison meat, herbs and wild rice, then add the eggs, Dijon, chili paste, bread crumbs, salt and pepper and mix well. Form into small patties and chill for 30 minutes.

2. In a sauté pan, heat the oil, place the patties, cook until they are brown, turn over and repeat.

3. Remove from pan and place into the oven and cook until the internal temp is 165 F.

4. Serve on slider buns and with a salad such as a Jicama Slaw. Garnish with sliced tomato and spinach greens. Enjoy! RECIPE COURTESY OF CHEF DAVID WOLFMAN/ PLANET INDIGENUS FESTIVAL

Bison Sliders

Bison is a tender, lean red meat alternative. CHRIS CHIDSEY

Cookbook of the Week

Enjoy earthy feasts all year round

Andrew George, of Canada's Wet'suwet'en Nation is a well-respected aboriginal chef and instructor who has spent the last 25 years promoting the traditions of First Nations food.

In A Feast for All Seasons, written with Robert Gairns, he has compiled aboriginal recipes that feature ingredients from the land, sea and sky.

The 120 recipes include delectable, make-at home dishes such as Salmon and Fiddlehead Stirfry, Stuffed Wild Duck, Barbecued Oysters, Pan-fried Rabbit with Wild Cranberry Glaze, Clam Fritters, Wild Blueberry Cookies, Moose Chili and more. METRO

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SPORTS 4

NHL and players' union still worlds apart, says Bettman

CBA. 'Number of issues' still unresolved with time running out

With one month to go before the NHL's collective bargaining agreement expires, the league and players seem no closer to a deal than when talks began in June.

In fact, the divide may have grown even further.

It took commissioner Gary Bettman less than 24 hours to conclude that the first proposal from the NHL Players' Association held little appeal for the owners.

"There's still a wide gap between us with not much time to go," Bettman said Wednesday in Toronto.

"I do think it's fair to say that the sides are still apart — far apart — and have different views of the world and the issues," he added.

The current CBA expires Sept. 15 and Bettman has made it clear that the league will enact a work stoppage if a new deal isn't in place by then.

On Tuesday, the union put forth a proposal that included a smaller percentage of revenues for players over the next three seasons in exchange for an expanded revenue-sharing program to help struggling teams. The NHLPA estimated that players would be giving up $465 million US in salaries if the league continued on its pace of growth each season.

However, that math didn't add up for the league.

"I think it's fair to say that we value the proposal and what it means in terms of its economics differently than the players' association does," said Bettman. "I think there still are a number of issues where we're looking at the world differently. I'm not sure that there has yet been a recognition of the economics in our world — and I mean the greater world and the sports industry, taking into account what recently happened with the NFL and the NBA."

Both of those leagues went through recent lockouts before ultimately seeing the players' share in revenue reduced. The NHL's initial proposal called for a significant reduction from 57 per cent to 43 per cent, when factoring in changes to the way revenue is calculated.

THE CANADIAN PRESS

Quoted

"It takes two sides to make a deal, it takes two sides to negotiate and it takes two sides if it all goes bad."

NHL commissioner Gary Bettman

NHL commissioner Gary Bettman arrives for collective bargaining talks in Toronto on Wednesday. CHRIS YOUNG/THE CANADIAN PRESS

Fehr cries foul

NHLPA head bristles at reception

The strong words Wednesday left many feeling like another lockout is ahead.

Donald Fehr, the NHLPA's executive director, was disappointed the owners weren't more receptive to what he viewed as significant concessions in the NHLPA's offer.

"There's a pretty substantial monetary gulf which is there and when you start with the proposal the owners made, how could it be otherwise?" said Fehr. "I mean, consider what the proposal was: It is 'Let's move salaries back to where they were before the (2004-05) lockout started, back to the last time.'

"'We had a 24 per cent reduction last time, let's have another one.' That was the proposal. That's what creates the gulf."

The sides broke off from talks with two completely different offers on the table and no meaningful negotiation sessions planned until Aug. 22. THE CANADIAN PRESS

Hernandez finds perfection versus Rays

Felix Hernandez gets doused with water after Wednesday's perfect game. OTTO GREULE JR/GETTY IMAGES

King Felix now has a crowning achievement.

Felix Hernandez pitched the Seattle Mariners' first perfect game and the 23rd in baseball history, overpowering the Tampa Bay Rays in a brilliant 1-0 victory Wednesday.

The 2010 AL Cy Young Award winner has long talked of his desire to achieve pitching perfection. He finally accomplished it against the Rays, finishing with 12 strikeouts.

"I don't have any words to explain this," Hernandez said to the crowd, speaking on the field after the final out. "I've been working so hard to throw one and today is for you guys."

It was the third perfect game in baseball this season — a first — joining gems by Chicago's Philip Humber against the Mariners in April and San Francisco's Matt Cain versus Houston in June.

It also was the sixth no-hitter in the majors this season, three of them at Seattle's Safeco Field. Humber threw his gem in Seattle, then six Mariners pitchers combined to hold the Los Angeles Dodgers hitless at the park on June 8.

For the Rays, it was an all-too-familiar feeling. It was the third time in four seasons they had a perfect game pitched against them.

THE ASSOCIATED PRESS

By the numbers

12

Twelve of MLB history's 23 perfect games have come in the last 25 seasons.

Mobile sports

Things in Boston just keep getting worse. With the Red Sox sitting 12 1/2 games back in the AL East, rumours had been swirling about a player mutiny against manager Bobby Valentine. The drama forced club owner John Henry to try to dispel that notion on Wednesday. Scan the code for the story.

Tennis

Injury forces Nadal out of U.S. Open

Rafael Nadal's Grand Slam count will stay stuck at 11 for now, sidetracked by another knee problem. The third-ranked Spaniard withdrew from the U.S. Open on Wednesday. The two-week tournament begins Aug. 27.

THE ASSOCIATED PRESS

Soccer

"While the news is devastating, I have much to be thankful for."

Bolton midfielder Fabrice Muamba, who retired from soccer Wednesday. Muamba suffered a cardiac arrest during a game in March and made his decision after medical consultations last week.

CFL

Mitchell's appeal on ban falls flat

B.C. Lions defensive lineman Khalif Mitchell will serve a two-game suspension for hyperextending another player's arm in a game last month.

An arbitrator has upheld the two-game ban, originally handed down July 23.

Mitchell appealed the decision and has remained in the lineup.

The incident occurred in a July 22 game between Edmonton and B.C., when Mitchell violently pulled on the arm of Edmonton offensive lineman Simeon Rottier.

The suspension is significant by CFL standards because it's the longest ever issued by commissioner Mark Cohon. THE CANADIAN PRESS

B.C. Lions defensive lineman Khalif Mitchell. THE CANADIAN PRESS

Giants slugger 'deeply sorry' after big ban

MLB. NL's top hitter to sit 50 games for testosterone use

Melky Cabrera was suspended 50 games Wednesday following a positive test for testosterone, putting an abrupt end to what had been an MVP-calibre regular season and throwing the San Francisco Giants' playoff hopes into doubt.

Cabrera leads with National League in hitting. His penalty was the first for a high-profile player since last year's NL MVP, Ryan Braun, had his suspension overturned by an arbitrator last winter. The Braun case led to revisions in the drug agreement between owners and the players' association to better define procedures for handling the urine samples.

"My positive test was the result of my use of a substance I should not have used," Cabrera said in a statement released by the union. "I accept my suspension under the Joint Drug Program and I will try to move on with my life. I am deeply sorry for my mistake and I apologize to my teammates, to the San Francisco Giants organization and to the fans for letting them down."

Quoted

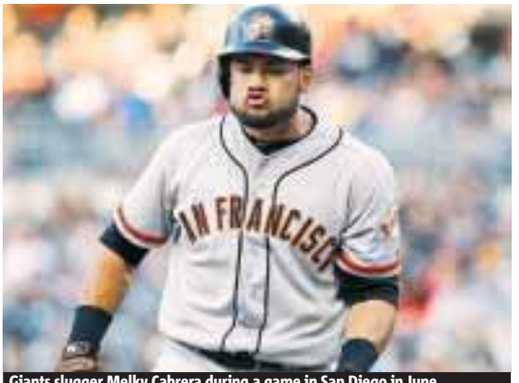
"We fully support Major League Baseball's policy and its efforts to eliminate performance-enhancing drugs from our game."

The San Francisco Giants' response in a statement

Cabrera is batting .346 with 11 home runs and 60 RBIs in his first season with San Francisco and is five hits shy of 1,000 in his big league career. Flashing bright orange spikes, he singled and hit a two-run homer last month in the National League's 8-0 win in the all-star game, earning MVP honours and securing home-field advantage for the World Series.

Cabrera could still win the NL batting title. He has 501 plate appearances, one less than the minimum required to win a batting championship for a player on a team playing 162 games. However, under 10.22(a) of the Official Baseball Rules, he would win the batting title if an extra hitless at-bat is added to his average and it remains higher than that of any other qualifying player.

THE ASSOCIATED PRESS



Giants slugger Melky Cabrera during a game in San Diego in June.

LENNY IGNELZI/THE ASSOCIATED PRESS

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Horoscopes

♈ Aries
March 21 - April 20
Don't cut corners or disobey rules, especially on the work front where colleagues and employers won't be too happy if you do the opposite of what is expected of you. There's a lot at stake — don't mess up.

♉ Taurus
April 21 - May 21
Watch what you say today because you may be tempted to go over the top and let slip something you will later regret. Also, make no accusations that you cannot back up with rock solid facts and figures.

♊ Gemini
May 22 - June 21
Your financial situation is not so bad that you have to cash in your stocks and shares or sell off your assets. However, your everyday spending habits do need some attention. Where can you make savings?

♋ Cancer
June 22 - July 23
Petty arguments could very easily get out of hand today, so watch your temper. Others may be unjustly critical of what you are doing but the best way to deal with them is just to ignore them.

♌ Leo
July 24 - Aug. 23
You seem to be out of touch with what is going on around you at the moment but that's no bad thing. If you get involved with other people's battles, you could end up as one of the wounded.

♍ Virgo
Aug. 24 - Sept. 23
Listen to what other people have to tell you today and, if their proposals sound good, offer to join forces and make it happen. You are not the only one who has good ideas. Teamwork invariably brings success.

♎ Libra
Sept. 24 - Oct. 23
What you are offered today may fall short of what you desire but the planets indicate it is the best deal you are going to get, so you might as well take it. And don't forget to show your appreciation.

♏ Scorpio
Oct. 24 - Nov. 22
Delays of one sort or another are likely today but don't let that stop you getting out into the world and meeting new people. In most situations, a smile and a kind word will get you past obstructions.

♐ Sagittarius
Nov. 23 - Dec. 21
Few things are as bad as they first appear to be and if you keep that thought in mind today you won't go far wrong. A temporary setback is just that so don't make a huge deal of it.

♑ Capricorn
Dec. 22 - Jan. 20
It may be easy to get annoyed with people who cannot live up to your standards, but if you do it will only make matters worse. Stay calm and realize that, for some, your standards are impossibly high.

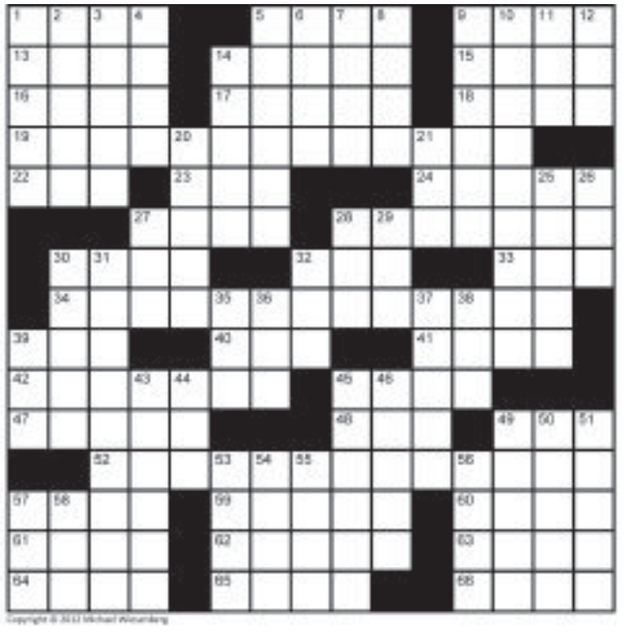
♒ Aquarius
Jan. 21 - Feb. 19
You would be wise to think twice before acting on a hunch today, especially on the work front where your reputation could take a nose-dive if you make the wrong call. Let's others take the risks.

♓ Pisces
Feb. 20 - March 20
You should be doing more. You should be making better use of the talents you were born with. What you need to remember is that each and every day can be a new beginning. Forget about yesterday — act today.

SALLY BROMPTON

Crossword: It's a Puzzle

BY MICHAEL WIESENBERG



Across
1. ___ cadabra
5. Chimney cleaner's concern
9. The most successful Swedish music act
13. Beaufort and Bering
14. Fall crop spoiler
15. Street
16. Painting and sculpture, e.g.
17. Slightest
18. Animal fat
19. Ottawa resident who starred in the Mummy film series (2 wds.)
22. Hardly a gentleman
23. Key beside F1
24. *My Dinner with* ___: 1981 film
27. Ancient cross with circular loop
28. ___ Party: Canada's oldest federally registered party
30. ___ time: never (2 wds.)
32. Inc.'s Canadian counterpart
33. Lubricant
34. What Canada Day commemorates
39. ___ up: soak (gravy with bread)
40. "___ are for kids"
41. Emoters
42. Northwest ___: sea route on Canadian mainland's N coast
45. Vancouver team member
47. *The* ___: series starring Mr. T (2 wds.)
48. ___ and outs
49. Consumed
52. City known as "The Birthplace of Confederation"
57. Tegan and ___: Calgary-born rockers
59. "___ No Good": Linda Ronstadt hit
60. Spoiled kid
61. Any time
62. 1950s Ford flop
63. Mix by hand
64. "___ Smile Be Your Umbrella" (2 wds.)
65. Arranges, as a dinner table
66. Window unit

Down
1. "It's easy ___!": very simple (comparison) (2 wds.)
2. Legendary Yankee catcher Yogi
3. ___ R: for mature audiences
4. Org.
5. Canadian language
6. Bread unit
7. Soviet Union
8. Songstress James
9. Garfield's feline girlfriend
10. Corporate meeting place
11. Place serving 53-Down
12. Sum
14. Chemistry lab vessel
20. Words before "iniquity" or "thieves" (2 wds.)
21. Sat. or Sun. (depending on religion)
25. Precipitates
26. House wing
27. "Barbara ___": 1966 Beach Boys hit
28. Env. content
29. Film noir actress Lupino
30. "... ___ of many colors" (2 wds.)
31. Hush-hush (2 wds.)
32. ___ Luthor: Superman's nemesis
35. Heart measure, for short
36. Expire
37. "All ___ in favor ..."
38. Gandalf portrayer McKellen
39. Whirlpool site
43. African desert
44. "I ___ Rock": Simon & Garfunkel hit (2 wds.)
45. Gasoline units
46. "___ Inside": computer slogan
49. Main artery
50. Ontario-born singer Shania
51. ___ nous: confidentially (literally, between us)
53. Strong drinks sometimes called redeye
54. Ore deposit
55. Eject
56. Three tsps.
57. Poivre tablemate
58. 15-Across cousin: abbr.

Yesterday's crossword

What's online

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					3			9
2	7			1		8		
			2		5			7
			8	2		6		
7		6				1		2
		4		3	1			
5			4		6			
		7		9			6	5
4			1					

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